

AMERICA'S OBESITY EPIDEMIC

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July 2022

We CAN Beat Obesity

Did you know that July is a celebration of outdoor activities, fresh foods, and summer safety all rolled into one month?

This is the perfect time to reflect on obesity and how we can impact our ability to make healthier decisions.

To make an impact, we must first understand what is obesity? It is a disorder involving excessive body fat that increases the risk of health problems. An individual with a body mass index (BMI) over 25 is considered overweight, and over 30 is obese.

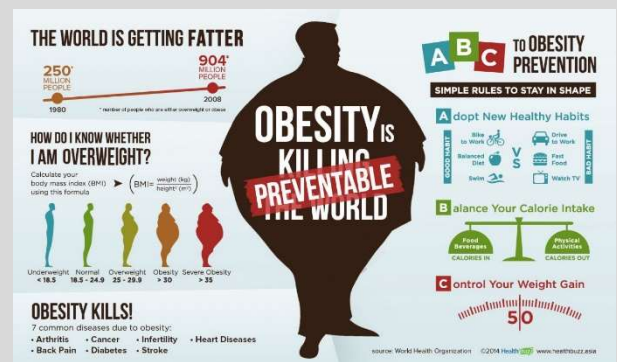
The issue has grown to an epidemic proportion within the United States, with over 4 million people dying each year as a result of being overweight/obese according to the 2017 global burden of disease. In 2019, an estimated 38.2 million children under the age of 5 were overweight or obese.

34.8% of Texas were obese compared to 30.9% of Americans. San Antonio was named one of the most obese cities in the country in a recent study. The San Antonio-New Braunfels metro area is among the U.S. cities with the highest percentage of residents who are obese or overweight, according to a WalltHub study released. (Expressnews.com, March 18, 2022)

Obesity implications include 2 times the risk of mortality from cardiovascular disease or 2/3 of obesity related deaths.

Our risk of diabetes is 5 times greater and other risks include:

1. Osteoarthritis, sleep disturbance
2. Fatty liver and cholesterol gallstones
3. Asthma and other respiratory disturbances
4. PCOS, abnormal menses, infertility, menstrual disorders
5. Cancers: GI, female (breast, uterus, ovary), kidney, thyroid, multiple myeloma
6. Psychological implications:
 - a. Depression
 - b. Low self-esteem
 - c. Eating Disorders
 - d. Altered body image
 - e. More likely to be bullied





A healthcare partnership between



There are multiple areas which can impact a person who is obese and they include:

1. Nutrition (calorie-dense and ultra-processed food)
2. Environment (physical inactivity)
3. Genetics, Metabolic factors, gut bacteria
4. Hormones
5. Health Conditions
6. Medications
7. Stress, Emotional Factors, and poor sleep



Strategies to prevent and manage obesity

Creating a healthy lifestyle is the best way to manage obesity, however, this is easier said than done. The healthier lifestyle change we want to make not only starts with us but is a family lifestyle change as well.

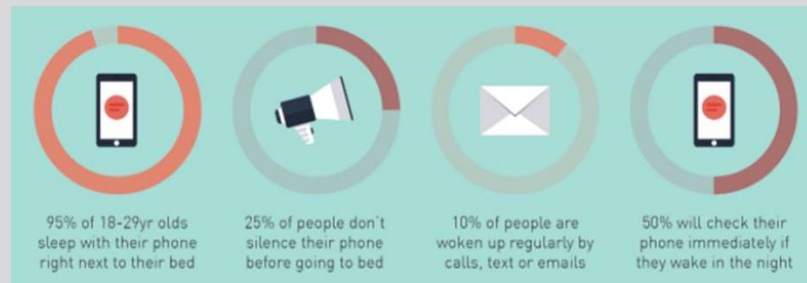
Weight Loss/Lifestyle

1. Reduce calorie intake
2. Aerobic physical activity
3. Resistance training



Exercise is a big factor in helping us lose weight and keep the weight off. The goal is to workout 5-7 times/week, 30 minutes (40-60 minutes for weight loss)

1. 150 minutes/week of moderate aerobic activity
2. 55-69% predicted maximum heart rate
3. Resistance training – 5 major muscle groups twice weekly
4. At least 1 hour daily for children (reduce screen time to <2 hr/day)



Weight Loss Maintenance

No one diet is better than another. You can even work with a nutritionist group who can help manage and figure out the best way for you as an individual and/or family to lose weight. A nutritionist group in your Aetna Whole Health network is JTA Wellness.

Working with another party can help you set goals and meet those goals. They will help you find what is right for you as each person is unique. There are both face to face and telephonic visits to meet the needs of each individual.

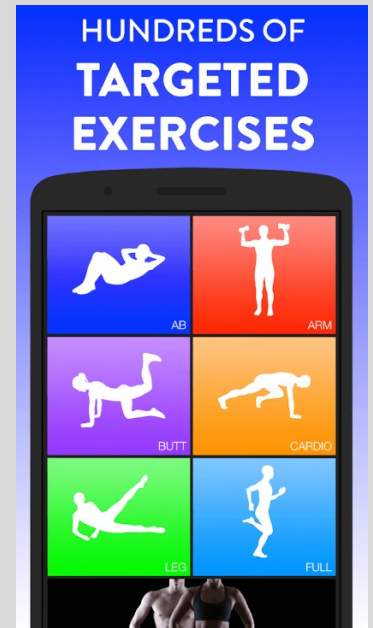
1. Learn to eat when hungry and eat slowly
2. Maintain high levels of physical activity (200-300 min/week)
3. Monitor body weight at least once a week
4. Consume reduced calorie diet to maintain body weight



Work Out App Resources

There are a multitude of Apps available to help with working out, weight loss and nutrition. Some of the apps are free while others are at a cost either per month or a onetime charge. The apps include some of the following:

1. FitStar Personal trainer (Free IOS)
2. Nike + Training Club (Free IOS and Android)
3. Runtastic Six Pack Abs (Free IOS and Android)
4. WOD DeckofCard (workout of the day) (Free IOS and Android)
5. Sworkit high intensity bodyweight workout (Free IOS and Android)
6. 7 minute workout (Free IOS and Android)
7. Calorie Counter and Diet tracker by My Fitness Pal (free iPhone & Android)
8. Calorie Counter PRO My Net Diary (Cost \$3.99 iPhone, Android free)
9. Diet assistance (Free iPhone and Android)
10. Endomondo tracks exercise process (Free iPhone & Android)
11. Fitness buddy interface to start workout/keep going, (iPhone/Android \$1.99)
12. Fooducate easily find food, scan barcode, get tips (Free iPhone/Android)
13. Instant heart rate reads your pulse in seconds (Free iPhone/Android)
14. Diet point weight loss (free iPhone/Android)
15. FitBit app works with or without fitbit device (Free iPhone/Android)
16. Spring playlist for upbeat music to exercise with (Free IOS)
17. MapMyFitness (Free IOS/Android)
18. Rise paired with a dietician, snap photos of each meal and next day check in for suggestions (\$20/wk, IOS)
19. ShopWell, take mystery out of food labels (Free IOS/Android)
20. Coach.me want to nail your goals? 1:1 with a pro Pick from dozens (\$14.99; IOS/Android)
21. Lose it! Calculate calorie budget (Free iPhone/Android)
22. Weight watchers mobile (Free iPhone/Android)



QPIC Corner

DID YOU
KNOW



There are local Farms &
Pick-your-own farms near San Antonio

Not only is this healthier for us as there are no preservatives in the product but it can bring the family closer together. Family members are engaged with one another and spend time outdoors and away from the electronics.

Whether it's during the summer or fall months. There is something for everyone.

<http://owlcreekfarmsa.com/>

There are updated pricing guides so you know what to expect to pay for the different crops.

<https://www.pickyourown.org/Prices.php>

In Atascosa County there is an opportunity for Strawberry picking at multiple different strawberry farms. This is outside of the Poteet Strawberry Festival.

Bandera County has a Lavender Farm and a Love Creek Orchard where they have apples, blackberries, figs, peaches, and even a Cider Mill. These different activities are available throughout the summer months.

Verify during seasons of drought that their crops have not been affected.

<https://www.texasrealfood.com/msa/san-antonio-new-braunfels/farms-ranches/>

<https://fun4alamokids.com/Whats-Happening/U-Pick-Farms/>

<https://sanantonio.kidsoutandabout.com/content/pick-your-own-summer-fruit-and-around-san-antonio-berries-and-more>

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Healthy Recipe

<https://www.jaroflemons.com/one-pot-basil-chicken-baked-ziti/>

By: **Christine McMichael**

One-Pot Basic Chicken Baked Ziti

30 minutes Cook Time, 6 servings, 391 kcal

Ingredients:

- 2 medium chicken breasts (cooked, shredded)
- 12 oz. whole wheat penne (cooked)
- 23 oz. jar Ragu Thick® and Hearty Traditional Sauce
- 2 cups spinach
- 6 oz mozzarella cheese
- 5-6 basil leaves



Directions:

1. Preheat oven to 376 degrees.
2. Mix the shredded, cooked chicken, cooked penne, pasta sauce, and spinach together.
3. Pour into casserole dish or bakeware.
4. Top with mozzarella (or also mix it in) and basil leaves shredded or whole).
5. Bake for 25-30 minutes
6. Serve and enjoy

Published: Comfort Foods, 09/05/2016, Christine McMichael